

# CHEESEBURGER WONTONS

*Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

Serves: 8 (Serving= 3 wontons)

## Nutrition (per serving)

Calories: 190

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 380 mg

Total Carbohydrate: 15 g

Dietary Fiber: 0 g

Total Sugars: 2 g

Added Sugars: 2 g

Protein: 17 g

PREP TIME: 7 min

COOK TIME: 10 min

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**TOTAL TIME: 17 min**



## Ingredients

- Cooking spray
- 24 refrigerated wonton wrappers
- ½ cup finely chopped yellow onion
- 1 pound lean ground beef (93% lean/7% fat)
- ¼ cup finely chopped dill pickles slices
- ¾ cup light shredded cheddar cheese
- Ketchup and mustard to garnish



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## Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray muffin tin with cooking spray. Press wonton wrappers firmly into the bottom of each cup. Spray with cooking spray. Bake for 5-7 minutes or until completely crisp.
2. Spray large skillet with cooking spray and cook onion and ground beef over medium heat for 5-7 minutes. Drain liquid. Stir in pickles and cheese, cooking an additional minute or until cheese is melted.
3. Spoon cheeseburger mixture into wontons. Squeeze ketchup and mustard over to garnish.